

## Book information



**Authors:** Andreas Alt / Bernard C. Kolster  
**Title:** Du bist dein eigener Therapeut  
**Subtitle:** Backache – How to Manage my Complaints in Three Simple Steps

**Short text:**

In this book, the authors show readers who are plagued by back pain amazingly simple ways to minimize their discomfort and take an active role in their therapy. The book contains everything required for back pain sufferers to treat their back pain on their own and to eliminate or decisively alleviate it in the long term – from simple self-assessment to an individual exercise program and practical implementation. In addition, the book's focus on the modern lifestyle demonstrates ways to counteract habits that cause back pain. In addition, the book contains support materials such as video sequences of the exercises and PDF formats of the self-assessment and exercise programs, which can be accessed via QR codes.

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